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more salt is needed in the freezing mixture. Very good creams and ices can be made in this way on a small scale. The salt used in freezing should be coarse rock salt rather than table salt. Any fresh fruit may be substituted for the raspberries. Peaches make a delicious sherbet.

Iced Tea. Two teaspoons black tea, ice, 1 pint boiling water, lemon.

Make the tea in the usual way. Put a piece of ice in a pitcher, and strain the tea over it. Let it stand until thoroughly chilled. Into each glass put a large tablespoon of crushed ice, a slice of lemon and a lump of sugar, and fill the glass up with the tea. This makes a tea of mild but delicious flavor.



IF I CAN LIVE

BY HELEN HUNT JACKSON

If I can live,
To make some pale face brighter and to give
A second lustre to some tear-dimmed eye,
Or e'en impart
One throb of comfort to an aching heart,
Or cheer some wayworn soul in passing by;

If I can lend
A strong hand to the fallen, or defend
The right against a single envious strain,
My life, though bare,
Perhaps, of much that seemeth dear and fair
To us of earth, will not have been in vain.

The purest joy,
Most near to heaven, far from earth's alloy,
Is bidding cloud give way to sun and shine;
And 'twill be well,
If on that day of days the angels tell
Of me, she did her best for one of Thine.

—*Baltimore Sun.*